

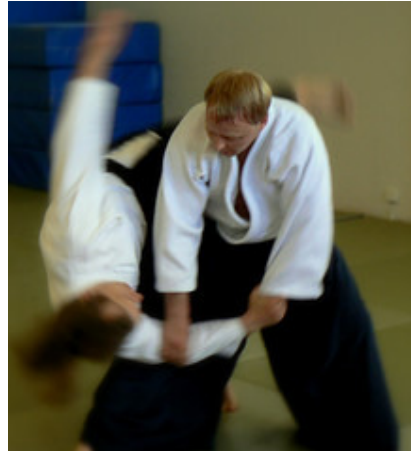


**JūShinKan Aikido**  
**@ Stavanger MMA Center**  
invites you to a weekend seminar with:

## **Erik Vanem**

3. Dan Aikikai – Oslo Aikido Dojo, Norway

**29.-30. August 2009**



**Erik Vanem** started Aikido in 1991 and got his 3.dan in 2005 by Kanetsuka *sensei*. He has practiced almost everywhere in the world with all the major instructors. His main teachers are Doshu, Endo *sensei*, Tissier *sensei* and Kanetsuka *sensei*, with inspiration from several other *shihan*. He has largely contributed Norwegian Aikido growth both through his practice and by organizing for 17 times a collective tour to Japan for practice and learning about Aikido mother land. In 2003 he started Oslo Aikido klubb (OAK). It is his second visit in Stavanger!

Place: Harald Hårfagres Gate 15 (the Rubber-Factory) - 4014 Stavanger

Schedule: **Saturday** 09.30-10.30; 10.40-11.40  
Lunch break  
15.30-16.30; 16.40-17.40  
18.00 – graduation (*kyu* grades)

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**Sunday** 10.30-12.00; 12.30-13.30

(small changes are possible, find the latest news on our website)

Price: Full seminar: 350 NOK – single session: 100 NOK  
Junior (under 18): 200 NOK – single session: 50 NOK

Accommodation: Private accommodation will be provided if needed.  
In that case, please, contact **Jacqueline von Arb** as soon as possible!

**Saturday evening:** Social event – to be decided

Stavanger JūShinKan Aikido  
Contact: Jacqueline von Arb

<http://stavangeraikido.wordpress.com>  
Mobil: +47 98 25 06 28 [jacqueline.vonarb@uis.no](mailto:jacqueline.vonarb@uis.no)

## How to get to MMA Center:

- **By car. From South:** Take E39 highway until you hit a roundabout, take a right (Madlaveien).

**From North:** Take E39, after Byhaugtunnelen, take a left by the roundabout with the Esso Station on to Madlaveien.

**Both:** Drive along Madlaveien, through Bergelandtunnelen, take a right then straight until you go through another small tunnel, take a left (Hesbygata, in the roundabout with the Statoil station, then left again (around the skating/basketball park) and there you are (red building, entrance under the Rubber-Style sign). Parking in front or on the side of the building.



- **By bus from the center of Stavanger** (Bus terminal and Train Station).

Walk around the little lake (Breiavannet) to the back of the Cathedral (Domkirken), find stop nr 40 (on Klubbgata, in front of Rogaland Avis office). Take buss number 1A or 1B direction Hundvåg (goes every 10-15 mn or so), go off at Kjelve station (4<sup>th</sup> stop, right after the small tunnel, with a roller-skating park on your left. Walk through or around the park to the red building with the Rubber Style sign and the Kampsport Senter sign.

TIP: ask for the “nærsonetakst”, it will cost you kr 12 (instead of 23).

- **From the airport:**

Get your luggage, walk through the revolving door, to your right, there is a “Flybuss” to Stavanger. Takes about 30 mn, at a cost of NOK 80,- one way, kr 130 for a return ticket. [Link to map for walk](#) Get off at the end station called Fiskepiren (by the ferry pier). Then walk East along the Quay (Bekhuskaiaen), follow Nedre Banegate to Harald Hårfages Gate. Take a right before the Basketball courts, and you’re there!

More help? Got Lost?: Call Jacqueline: +47 - 98 25 06 28

